

ABSTRACT OF THE DISCLOSURE

A stability ball is disclosed that includes an inflatable bladder with a filler such as sand disposed therein. The amount of sand is selected to stabilize the stability ball with respect to a support surface, thereby preventing the stability ball from moving on a flat surface when the stability ball is not being utilized by the user. The amount of filler is sufficiently small that the user is substantially unaffected by the extra weight when performing core body exercises.

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WORKMAN NYDEGGER
A PROFESSIONAL CORPORATION
ATTORNEYS AT LAW
1000 EAGLE GATE TOWER
60 EAST SOUTH TEMPLE
SALT LAKE CITY, UTAH 84111